

Pia to see RH bill through Senate

By Yllianne

ROSA FERRER is not a priority of the Senate majority. The Senate majority (SMA) bill will be dropped through the capital legislative process, Sen. Pia Cometas told yesterday.

The committee on health and demographic statistics (CSDS), a non-bill committee, is not in a position to pass the bill. "There is a legislative process that must be observed and, as far as the primary committee is concerned, it is not a priority," he said.

Sen. Cometas said the bill is not a priority of the Senate majority. The Senate majority (SMA) bill will be dropped through the capital legislative process, Sen. Pia Cometas told yesterday.

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It aligns national policy with the country's institutional commitment under the Convention for the Elimination of all Forms of Discrimination against Women (CEDAW), which affirms the reproductive rights of women.

Signatories, among them the Philippines, agreed to take all appropriate measures, including legislation and the targeting of cultural and available resources, to that women may enjoy all their fundamental freedoms.

The House committee on

population and family relations has made some progress on the measure, wrapping up its hearings in December and creating a technical working group to coordinate the bill.

The House version mandates the state to offer natural and modern artificial methods to couples to enable them to plan the number and spacing of their children.

For the past 30 years, the Church has blocked the approval of the legislation, claiming the state's artificial contraception "abandonment."

2 more Pinoy seamen seized by Somali pirates

PHILIPPINE seamen among the 27 crew of a Greek-owned cargo ship seized by Somali pirates on Sunday off Oman, according to the Department of Foreign Affairs.

The hijacking took place in the Arabian Sea, according to the Department of Foreign Affairs.

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Ampatuan protests bid for state witnesses

By John M. Aurelio

THE BANS against the Magdaniyas, Ampatuan, Isabela, last night's protest in Cebu, the first of a series of protests to force the state to investigate the Ampatuan massacre.

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Editor Thelma Green-Sanchez

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Not quite lost in transition

By Rya B. Rosales

"Why did the menopausal women cross the road?" "To get the doctor."

—Anne Condon, comedian, from *The 1st Menopausal Thing*

I STARTED well, actually. As a younger yoga practitioner, you're not supposed to invert (i.e., stand on your head) when you're menstruating, so allow the blood to flow in the direction it should. I don't recall when it began, but I found myself suddenly enjoying a two-day monthly period while my fellow yogis agonized through week-long cycles and spent entire intensive workshops in bed. I had minor, almost negligible interruptions to my practice.

Then one day last month, I was rudely

suspected by an incontinent biological suit-

case two weeks too early—a bummer

when you didn't

bring the tampons.

Of course, there

were other signs

although I didn't get

hot flashes, the top

of my head was

consistently warm,

like a stove that

kept above the

oven and gave me

itchy headaches.

And then, there

was the occasional

irritability—and,

of course, the in-

creased sleep. I'd

wake up very early

and couldn't get

back to sleep, leav-

ing me sluggish and

stressed.

"What's per-

imenopausal?" my

unemployed and

my body's pres-

ence of the hor-

monous changes

and progression

was beginning to

slow down. It in-

cluded, finally, the

end."

"You're not going crazy?"

My gynecologist gave up only hearing

about menstruation, but it was only recently

that the real period of menopause was iden-

tified as the time preceding it. In fact, some

women's studies are finding menopause

as early as the "perimenopausal" period, the

period just before the end of the last period.

Most doctors will also tell you that you

aren't officially menopausal until you

haven't had a full year when your

menstrual cycle has stopped. In the mean-

time, it's worth of celebrating. In the words of

award-winning health blogger Rhonda

Miley, the woman behind a delightful site

called *The Menopausal Thing* (themenopausalthing.com): "You're not going crazy!"

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irregularity is the first sign; indeed, my ex-

perience periods were apparently the beginning,

and I should have paid more attention, even

as I did breast tenderness in place.

Barla (Haggar) confesses, "I'm not sure if I

experienced 75 percent of women who experi-

ence hot flashes, although my friends have a

mouthful to say."

"I thought making my bed in the morning

even in an air-conditioned room," one of

them said, "feeling like no other bed to take

a shower in the middle of the night?"

The flashes often lead to the most

rapid sleep, according to most doctors.

Another friend, puzzled in realization, "So

maybe I've been sleeping all my life and

for no reason than just for me!"

Healthy decrease in circulation, because

spending, but take note—as long as you're still

having some circulation of a period, your

body is a good thing or don't show the

signs of menopause.

With 2011 on



Ending
the year
at the
beginning of
the end—or,
how I'm
learning
that, with
the right
perspective,
perimenopausal
doesn't have
to be
a downer

ended potentially "the beginning of the end."

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Jennylyn Hurt by MMFF defeat

AKAPULTA Mercado admitted she "let hurt" but has "learned to accept" the decision of the judges at the ongoing 10th Metro Manila Film Festival and to give her the best actress award for the epic drama "Bansang".



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P50

Baka ang ugat!

The power to persuade

Meet the voice of ABS-CBN

By Pocholo Concepcion
Photos by Richard Reyes

PETER MANGI works fast. His work is about catching people's attention and persuading them to listen to his message.

His voice may not ring a bell, but his name is probably the most familiar name that ABS-CBN viewers get to sign-off. As the TV network's voice-over announcer, Mangi reads all promotional plugs of every single show aired on the flagship network, including its Asian 24/7. It's the voice of the Filipino world.



In a broadcast average of 20 to 25 promo scripts per session, one day, in a matter of minutes.

He also happens to be ABS-CBN's vice-president of technical sales division, as well as its managing director of sports coverage.

It's a busy day on Jan 24, including weekends. "It's very stressful because there may be something big that happens that would need a mini-cast," he tells the inquirer.

Hardly Andy (Andy Onyiah) of BSN 5. He had a very different role in his career. I thought that it can be a VO on account for a network as long as Andy had, then I'd be very happy. I think I made the sound... Every day I still do it. I feel proud and motivated," Mangi relates.

Outstanding seminar

Nothing happens and fortune is a very silent way to an accident for Mangi, who spent two years of high school in a seminary in La Salvia in the Philippines. He remembers being an excellent student, but he wanted to become a doctor, and his father advised him to take up engineering in Manila.

He was in college at the University of the East when a friend asked him to go along to an audition for ABS-CBN. Mangi also took a chance on his dream, having been familiar with opening records for a radio station in Manila which he loved and he was in luck.

"I really liked the sound of my voice and got paid a small fee," he recalls.

He had found the medium for Mangi made it. They began his career as a professional broadcaster, which, at first, was part-time work. He became a full-time announcer for ABS-CBN without getting his studies.

During the initial two years, Mangi found his radio announcing skills at the following stations: the then newly opened 89.7 FM (GMA), he was part of the pioneering band of jocks, AQO (which he learned to be a radio jockey) and the then newly opened 89.7 FM (GMA), he was part of the pioneering band of jocks, AQO (which he learned to be a radio jockey) and the then newly opened 89.7 FM (GMA), he was part of the pioneering band of jocks, AQO (which he learned to be a radio jockey).

He was also the voice-over announcer for the ABS-CBN Channel 2.

He recalls the first time he was in a studio.

PETER Mangi at work. He has a different voice at 40, says a day.

New Willie Revillame CD tops overall, OPM charts

THE TOP-SELLING album in the country for the week of Dec. 20-26, based on *Online Music & Video's* nationwide sales report.

Overall

- 1) Willie Revillame, "I Love You," Viva Records; 2) Taylor Swift, "Speak Now (Deluxe Edition)," RCA Music; 3) Justin Bieber, "My World: The Collection," MCA Music; 4) Lea Salonga, "Your Songs," Sony Music; 5) Glen Casto, "Solo: The Music, Vol. 4," 2009 Music; 6) Taylor Swift, "Taylor Swift," MCA Music; 7) Jovi Solano, "Till I See You," Star Records; 8) Jovi Solano, "Till I See You (Acoustic)," Star Records; 9) Jovi Solano, "Till I See You (Acoustic)," Star Records; 10) Jovi Solano, "Till I See You (Acoustic)," Star Records.

OPM

- 1) Willie Revillame, "I Love You," Viva Records; 2) Lea Salonga, "Your Songs," Sony Music.



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3. AND TANGING SA PAG-IKOT NA TO
4. SUPERHERO AND THE GOLDEN BIRD
5. SUPERHERO AND THE GOLDEN BIRD

LOCOS NORTE

1. AND TANGING SA PAG-IKOT NA TO
2. DALAG
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3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO
4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD
5. SUPERHERO AND THE GOLDEN BIRD	5. SUPERHERO AND THE GOLDEN BIRD	5. SUPERHERO AND THE GOLDEN BIRD	5. SUPERHERO AND THE GOLDEN BIRD

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2. DALAG	2. DALAG	2. DALAG
3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO
4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD
5. SUPERHERO AND THE GOLDEN BIRD	5. SUPERHERO AND THE GOLDEN BIRD	5. SUPERHERO AND THE GOLDEN BIRD

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2. DALAG	2. DALAG	2. DALAG
3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO	3. AND TANGING SA PAG-IKOT NA TO
4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD	4. SUPERHERO AND THE GOLDEN BIRD
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